

ABSTRACT

The present invention provides methods for pasteurizing and/or sterilizing an
5 immune substance containing antiinflammatory factors without damaging their
antiinflammation and immunopotential effects, and the utilization of thus pasteurized
and/or sterilized substances as health foods.

Specifically, methods for pasteurizing and/or sterilizing an immune substance
10 containing antiinflammatory factors are provided by heating the solution of the immune
substance containing antiinflammatory factors at a temperature of from 55 to 70°C for 30
to 60 minutes, or by filtering the solution through a filter having pore size of from 0.1 to 0.22
microns. Ice cream, yogurt, liquid drinks, jam, butter, cheese, cream, sherbet, mayonnaise,
dressing, and other foods or drinks with the immune substance containing antiinflammatory
15 factors, which are pasteurized and sterilized by the present methods, added thereto are also
provided.